

BARSTOW LOG

Vol. 3, No. 25

Marine Corps Logistics Base Barstow, California

May 6, 1999

MCLB announces A-76 study of base operations

By Bill Bokholt
Public Affairs Officer

Base officials were notified April 29 by Headquarters, U. S. Marine Corps that 251 civilian and 11 Marine base billets in the Installation and Logistics Department will be studied for possible future public and private competition.

The notification came after the Secretary of the Navy announced to Congress that 2,268 civilian and 314 military positions at Marine bases in

the United States were candidates for the study described in the Office of Management and Budget Circular A-76.

The local studies, which will take from 18 to 24 months to complete, will examine certain areas of base operations to determine if the services can be more efficiently provided by private contractors.

During the A-76 process, base organizations may bid on any work subjected to the cost-comparison study by designing a "most efficient

organization" and compete against each in-house cost estimate. Decisions to convert to contract will be made only if the A-76 competitive sourcing study determines the function(s) concerned can be satisfactorily performed by the private sector and significant savings can be achieved.

This is part of an ongoing strategy to adopt better business practices and free up funding for aging equipment and facilities.

During 1998, the Marine Corps

highlighted that past efforts to sustain readiness have been at the expense of procurement and that modernizing critical weapons, equipment and programs can no longer be deferred or readiness compromised.

The Marine Corps considers its Marines and members of its civilian work force (Civilian Marines) its most precious commodity. In all cases, Marines and civilian Marines will be kept well informed throughout the process.

It is the intent of the Marine

Corps leadership to use attrition, retraining and reassignment to the maximum extent possible to shape the work force.

If a reduction in force results from any future cost reduction initiatives, it will be handled in accordance with existing regulations and negotiated agreements with the union.

Military end strength will not be reduced, and any affected Marines will be reassigned to more critical positions.

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Armed Forces Appreciation Day

Each year on the third Saturday of May, America takes time out to honor you, the men and women of our Armed Forces.

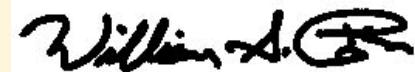
Armed Forces Day serves a very important purpose by reminding all Americans of your willingness to serve and sacrifice to protect our nation's freedom. Because of you, America remains strong and secure. This past year, perhaps more than any in recent memory, your skills and commitment have been tested. You have demonstrated professionalism during Operation Desert Fox. You have patrolled the dangerous skies over Iraq. You have saved lives providing relief and rescue in the wake of Hurricane Mitch, and in the Balkans, you have stood against oppression and fought for our ideals. Time and time again, you have met every test and overcome every challenge with skill, professionalism and dedication.

Celebrations and events will take place

in communities throughout the United States as citizens gather to express their profound gratitude to you and your families. Each and every day, the work you do helps spread the blessings of freedom and democracy to people around the world.

Whether you serve in the Army, Navy, Marine Corps, Air Force or Coast Guard, Armed Forces Day is your day. It is a day when you receive the gratitude and acknowledgement you so richly deserve.

I salute your achievements and your selfless service by your dedication and deeds, you have earned the honor, respect and gratitude of your fellow Americans.



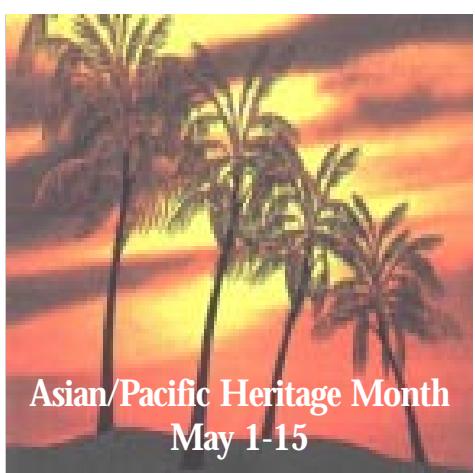
William S. Cohen
Secretary of Defense

DDBC welcomes new commander



Photo by Sgt. Kevin Dolloson

LtCol. Mark Haskett (right), director of I&L Department, congratulates LtCol. James Kessler upon assuming command of Defense Distribution Depot, Barstow California at a ceremony April 28.



Asian/Pacific Heritage Month
May 1-15

Headquarters battalion completes realignment

By Sgt. Kevin Dolloson
BARSTOW LOG staff

Since the realignment of departments and divisions on base, names have changed, offices have been moved, and job descriptions may be different.

In an effort to smooth out the transition, the Public Affairs Office is compiling articles about each department, whether there has been major changes within it or not.

The main change that occurred within

Headquarters Battalion (HqBn) is all the administrative entities are now housed under one roof. HqBn is now comprised of the "Consolidated Administrative Branch" – formerly the Personnel Branch (S-1) and the Base Adjutant; Operations and Training Branch (S-3); and the Logistics Branch (S-4).

According to Maj. Kathy Maloney, the realignment of HqBn has proven to be a positive step toward proficiency.

"In light of [Col. Mark A. Costa's – Base

Commander] goal of streamlining processes, putting all administrative functions under one roof maximizes personnel support," said Maloney. "The concept of [a consolidated administration] improves the job we do at the command level as well as the Headquarters [Marine Corps] level."

The Consolidated Administrative Branch is responsible for Marines' pay, allotments,

See HQBN Page 7

I&L Department undergoing CA studies

Submitted by

Base Headquarters

Base leadership was recently informed that the Department of the Navy approved the Marine Corps' plan for "commercial activities" studies and formally notified Congress.

Commercial activity studies are conducted under the Office of Management and Budget Circular A-76 (published 1966). The circular permits government activities to compete with the private sector in the selected commercial activities to ensure the best, most efficient delivery of services is chosen. The studies normally take 18 to 24 months to complete. Congressional notifica-

tion formally starts the study.

Last week, the base commander, Col. Mark A. Costa, met with the Installation and Logistics Department Marines and civilian Marines who perform the functions and activities to be studied. In addition to outlining the entire A-76 process, he provided the background for using this cost-cutting and efficiency tool in a plan he calls "Barstow 2002" since these installation reform efforts are scheduled to conclude in 2002.

Costa's localized version of the Marine Corps' installation reform initiative focuses on bringing better business practices to every facet of government functions. The reform's objective is to provide state-of-the-

art service delivery at the most competitive price while maintaining the high standards of quality and readiness of the armed forces.

Commercial activity studies are just one of the tools and methods used to reengineer how MCLB does business in the future.

The A-76 process and the associated CA study involve many steps. It begins with a detailed review of the specific requirements each function provides to the base and its tenant activities. This list of required products and services becomes the basis for the "in-house" or government workforce to prepare their bid or proposal. The "in-house" proposal is termed the "most efficient

organization" or MEO. This proposal becomes the standard that commercial contractors bid against. Based on the cost comparison standards of OMB Circular A-76, if the commercial contractor proposal is significantly — at least 10 percent — less expensive than the government MEO, then the services and functions will be contracted. Marines will be reassigned as their positions are converted to civilian jobs.

If the MEO prevails, then the government workforce implements the new organization and continues to provide the products and services. In either case, the civilian Marines maintain certain rights and privi-

leges. "Affected employees will be kept informed through out the process," added Costa.

In addition to presenting the overall plan for "Barstow 2002" and the steps for the A-76 process, Costa provided the base's strategy for the CA study and challenged the Marines and civilian Marines to "compete and win."

"Competition is good," Costa declared. "In seeking out the industry standard in how we do business — and adopting it or a more efficient effective standard — we win not only as a base, but the Marine Corps and the nation win as a whole."

Revenge is not an option

By Lt. Michael Michener

Base Chaplain



Our nation mourns because of the tragedy in Littleton, CO. We are saddened because of the loss of life. We are grieved because two teenagers who felt hurt decided to get revenge for their experience. Our hearts are broken because someone, forgot to help the boys learn that revenge should never be an option.

The boys spoke of being made fun of, of being ridiculed and hurt emotionally. One lesson for all of us is that we each must decide to never be party to ridiculing someone else. Our mouths should bring forth either words of affirmation, praise and encouragement or they should remain silent. But there is another lesson. Each one of us has been hurt emotionally or has been the brunt of some joke that we did not like. In the midst of that pain, revenge should never be an option.

Steven May, a pastor in Florida, reminds us that scripture gives us plenty of guidance when it comes to revenge. He says it is best

not to seek revenge because our refusal pleases God. *"For it is commendable if a man bears up under the pain of unjust suffering because he is conscious of God"* (1 Peter 2:19). God does not want us to mistreat anyone. But if we are the recipients of mistreatment, He wants our attitude to be one that refuses to get even. Christ was an example for us of one who suffered unjustly. The apostle Peter went on to say, *"But even if you should suffer for what is right, you are blessed"* (1 Peter 3:14).

If revenge is not an option when we are mistreated, then what should we do? Jesus did not retaliate when insults were thrown at Him. Consequently, we must also choose not to retaliate. Turning the other cheek can make us persons of great character. Retaliation only puts us at the same level as our offender. God did not call us to be the judge of the world. He is the one who will balance the scales of justice. He is capable of taking care of justice much better than we can. Romans records for us, *"Do not take revenge, my friends, but leave room for God's wrath, for it is written: 'It is mine to avenge; I will repay,' says the Lord."*

Perhaps the most difficult thing to do when

See CHAP Page 9

Chapel Hours

Protestant Sun. 8:30 a.m.
Catholic Mass Sun. 10:30 a.m.

Confession services before Mass

Yermo Bible Study

Tue. & Thu. 11 - 11:30 a.m.
At the Colonel's Workshop
For more info, call Chris Moya
at 577-7268.

DOD saving personnel files from Y2K

By Paul Stone

American Forces Press Service

WASHINGTON — If you've been wondering whether the Year 2000 computer problem could suddenly erase your very existence as a service member at the stroke of midnight on Dec. 31, then worry no more.

DOD officials say the services are making steady and strong progress in fixing computer systems that manage and store personnel files. Indeed, the Marine Corps and the Air Force personnel files systems are already Y2K-compliant, according to Norma St. Claire, director of Joint Requirements and Integration for the Office of the Undersecretary of Personnel and Readiness.

That's good news, because every personnel action processed on you is stored in those files. From enlistment papers to promotion orders, from training records to awards, from re-enlistment to changes of duty station — it's all there.

"The Marine Corps and Air Force systems have been tested, fielded, verified as Y2K-compliant and are working today,"



St. Claire said. "The Navy and Army are making steady progress and are expected to have all their systems ready by the end of September. They both have ambitious and aggressive fielding schedules for updating software and replacing existing systems that cannot be fixed."

The Year 2000 problem, nicknamed "Y2K," refers to the past computer industry practice of writing years with just two digits — 1999 would be "99." Because of this digital shorthand, some computer systems on Jan. 1, 2000, might treat "00" as "1900" or just shut down all together. Almost any computer system may be vulnerable and needs to be checked and then, if necessary, fixed to handle the year change or replaced. A computer system that recognizes the year 2000 date and processes

See Y2K Page 8



Marine Corps Logistics Base Barstow, California
Colonel Mark A. Costa, Commanding Officer

Public Affairs Staff

Public Affairs Officer/Executive Editor:
Public Affairs Chief/Managing Editor:
Press Chief:
Editor:
Correspondent:
PA Support Clerk:

Bill Bokholt
GySgt. Frank Patterson
Sgt. Kevin Dolloson
Cpl. Mike McQuillan
LCpl. Brian Davidson
Bertie Dailey

The editorial content of this newspaper is prepared, edited and provided by the Public Affairs Office of Marine Corps Logistics Base Barstow, California. Mailing address: Commanding Officer (B130), Command Headquarters, Marine Corps Logistics Base, Box 110100, Barstow, CA 92311-5001. The Public Affairs Office is located in Building 33. Phones: (760) 577-6430, 577-6450, 577-6451, FAX 577-6350, DSN prefix 282.

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For information on advertising in **BARSTOW LOG**, contact Paul Kinison of Aerotech News, Lancaster, Calif., phone: (805) 945-5634.

News Briefs

Role playing league

The Fort Irwin Gamers Society is welcoming new members from MCLB Barstow. The society meets on a regular basis at Fort Irwin and plays science fiction, role-playing and war games. The next major event is a Warhammer 40K tournament in El Paso, Texas. With enough participation, FIGS may begin holding meetings in Barstow. For more info, call Army Staff Sgt. David Brown at 380-5949, DSN 470.

Anger Management workshop

Experiencing increased annoyance, irritability or a tendency of being negatively critical? MCCS Personal Services Division is offering an Anger Management workshop May 12 from 1 p.m. to 3 p.m. in Bldg. 129 to help participants evaluate and understand the causes of their anger and teach them techniques for controlling anger.

For more info, or reservations call 577-6533.

Power outage

There will be an electrical power outage Saturday from 7 a.m. until 6 p.m. in the following buildings: 370, 114, 115, 117, 372, 103, 129,

"News Briefs" is designed to disseminate information to the MCLB Barstow community. Submissions should include a point of contact, a phone number, and be received by noon, Friday for the next issue. Submit news briefs via LAN to PAO@PSD.

17D, 128 and Quarters 3. All other buildings on Nebo, including housing, will experience temporary outages between 6:30 and 7:30 a.m. and again between 6:00 and 7:00 p.m. For more info, call Bobby Proctor at 577-6278.

Asian/Pacific celebration

Join members of the base community as they celebrate Asian/Pacific Heritage Month.

Festivities will take place in the beer garden May 15 from 10 a.m. to 5 p.m. A lunch of multi-cultural dishes will be served and family entertainment will be provided. Tickets are \$7 per person. For tickets or more info, call:

Dan Keirn	577-6614
Tulu Nisulu	577-7104
Brett Wong	577-6578
Vee Pasco	577-6391
Carina Bonner	577-6619
Sam Callego	577-6632
Ernesto Glina	577-6757
Vince Chavez	577-7386
Fred Molino	577-7210
Heggi King	577-6244
Sharon Lange	577-6599

Golf tournament

The Marine Corps Ball Associa-

tion is sponsoring a golf tournament at the Tees and Trees Golf Course May 7. Check-in begins at 7 a.m.

Trophies will be awarded to the 1st and 2nd place teams, closest to the pin and furthest drive. There will be a barbecue after the tournament. Clubs can be rented for \$5 a set, golf carts for \$12 and mulligans are \$1 each (max 5).

Tournament fees are \$15 for sergeants and below and \$20 for staff NCOs, officers and civilians. To register or for more info, call Cpl. Rodgers at 577-7147.

Old Town San Diego

The Civilian Welfare and Recreation Association is sponsoring a trip to Old Town in San Diego Saturday.

All those who are interested in the trip may sign up anytime prior to COB tomorrow. The bus for San Diego leaves from bldg. 44 at 7 a.m. and departs from San Diego at 6 p.m. For reservations or info, call Barbara Kulseth at 577-6771 or Dan Keirn at 577-6614.

cal screening for children 18 and under for treatment at Shriners' Hospital for Children Saturday from 10 a.m. to 3 p.m.

Local doctors will screen for treatable orthopedic problems, residual burns, scoliosis, club foot, cerebral palsy, muscular dystrophy and many other ailments. Parents should bring a copy of the child's birth certificate, immunization records, guardianship papers and W-2 or 1040 forms for 1999.

No appointment is necessary. For more info, call 252-5800 between 9 a.m. and 8 p.m.

Poster contest

Your elementary age child could win \$500 and have their artwork published on the Internet by winning the 1999 Armed Forces YMCA Poster Contest. The theme of this year's contest is "My Military Family." First-place finishers will receive a \$500 U.S. Savings Bond, second-place finishers will win a \$100 U.S. Savings Bond, runners-up will also receive prizes.

The contest is open to elemen-

tary school children of active duty and reserve families. Entries should be on unlined, white, letter-sized paper. Entries are unlimited. Each entry should have the child's name, age, grade, address, parents' full names, and military unit and phone number. Mail entries to: Armed Services YMCA National Headquarters, 6225 Brandon Ave., Suite 215, Springfield, VA 22150-2510.

For more info, call Mary Page at (703) 784-9526.

Mother's Day brunch

A Mother's Day brunch will be held May 9 from 10 a.m. to 1 p.m. at the Oasis Club. Everyone is invited to enjoy a menu of Eggs Benedict, scrambled eggs, bacon, sausage, potatoes lyonnaise, crepes suzette, french toast, mashed potatoes, quiche Lorraine, roast turkey, mashed potatoes and more.

Cost for mothers is \$4.50, \$4.95 for children and \$8.95 for adults. For reservations call 577-6110 or 577-6418.

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Free health screening

The Barstow Masonic Temple at 221 Avenue J is offering a free medi-

MCCS Update ...

By James H. Gaines

MCCS Publicity

Great buys at MCX

Aroma 6-cup rice cooker and steamer for only \$19.99; 40-piece Libby glassware set for \$9.99.

The Base Exchange accepts Visa, Mastercard, Discover, American Express, and Deferred Payment Plan.

The exchange is open Monday through Saturday, 9 a.m. to 6 p.m. and Sunday, 10 a.m. to 6 p.m. For more info, please call 256-8974.

Family Restaurant & Cactus Cafe weekly lunch menu May 6 through May 13.

Tuesday - Pork chops.

Wednesday, May 7 - Hoki fish.

Monday, May 10 - BBQ beef sandwich.

Tuesday, May 11 - Pork stir fry.

Wednesday, May 12 - Lasagna.

Thursday, May 13 - Lemon-pepper chicken.

Family Night Dinner Menu at Family Restaurant

Tonight: All you can eat: Fried chicken, mashed potatoes, gravy,

vegetable, roll/butter, dessert & beverage.

Thursday, May 13 - All you can eat: Chimichangas, soft tacos, Mexican rice, refried beans, dessert & beverage.

Family Night dinners are served from 4:30 p.m. to 7 p.m. every Thursday. All you can eat \$4.50 adults, \$2.50 children 5 to 11 years, children 4 years and under are free. Call 577-6428.

Tae-Bo classes

Stephanie Jefferies is now offering Tae-Bo classes. For full details and prices call Stephanie at 252-2213.

Aerobics classes

Gina Galbraith's aerobic class is offered Monday through Thursday from 4:30 p.m. to 5:30 p.m. These aerobic classes emphasize steps, high and low circuits as well as strength/resistance training. Price is \$25 military, \$30 month civilian, with a \$2 walk-in one-session fee. For more details call Gina at 252-9234.

In the past few issues, we have

listed Gina Galbraith and Stephanie Jefferies with the same phone number. The corrections have been made this week. We regret the error.

New classes

Kris Keirn is offering cooking and sewing classes in the near future. These classes will be held on base. If you would like to participate, let us know so we can determine class sizes. Call Kris at 252-7789 or Vickie at 577-6199.

The first class offered is a cooking class uniquely titled "Stirrups in the Kitchen." If you would like to do something delicious and different for your next holiday get-together, or your next potluck. Here's your chance to learn how and have fun too. Classes will be held 9 a.m. to 11 a.m. and noon to 2 p.m. Tuesday, Wednesday and Thursday.

The other class is a sewing class. If you've always wanted to make an outfit that fits you just right, or make a beautiful quilt, this is the place to learn how. The hours are the same as the cooking class. If you're interested in either of these classes call Kris at 252-7789 or Vickie at 577-6199

Mother's Day Brunch at the Oasis

Club

Mother's Day is Sunday. If you haven't made your reservations yet, do so today. Call 577-6418 or 577-6110 for reservations.

Mother's Day Brunch will be served from 10 a.m. to 1 p.m., Sunday, May 9. The menu includes: Eggs Benedict, scrambled eggs, bacon, sausage, potatoes lyonnaise, crepes suzette, french toast, quiche Lorraine, carved "Steamship" round of beef, carved baked ham, carved roast turkey, mashed potatoes and gravy, french-cut green beans almandine, and seasonal fresh fruit.

The delicious dessert menu includes: fresh strawberry tarts, double dutch chocolate cake, french apple pie, chocolate mousse, flan and jello.

Beverages include: orange juice, grapefruit juice, cranberry juice, coffee, tea or milk.

Prices are: \$4.50 all mothers, \$8.95 adults, \$4.95 children five to 12 years of age, children four years and under are free.

Free Charlie Daniels concert tickets

Marine Corps Community Services Business Operations presents free tickets to Charlie Daniels in concert at the Blockbuster Pavilion,

rain or shine, on Saturday, May 15 at 7 p.m.

These tickets are free to all military and civilian DoD MCLB personnel, with a maximum of 10 tickets per family.

On the Nebo side, you can pick up your tickets at the main Exchange. On the Yermo side, contact Brenda at 577-7139 (Maintenance Center), or Bea Asher at 577-7048 (Fleet Support).

Come out and celebrate Armed Forces Day at the Charlie Daniels Concert.

Sea Serpents tryouts

Swim team tryouts for the MCLB Barstow Sea Serpents, a competitive youth swim team, (military dependents ages 6 through 18) will be held at the Family Pool on Tuesday, May 18, at 4 p.m.

Requirements for this competitive swim team consists of being able to swim the length of the pool freestyle and backstroke without stopping.

The cost is \$10 per month for first child, \$5 month each for the second and third child and the fourth child is free.

Call CWO Bill Bradshaw for details at 577-6543.

BRIEFS from Page 3**Parenting class offered**

MCCS Personal Services is offering a Parenting Class May 26 from 4 to 6 p.m. in Bldg. 129. The class will cover discipline strategies, growth and development from infancy to adolescence for children from birth to age 16. Cindy Martinez, MFCC Intern, and June Treadwell, RN, of the New Parent Support Program will teach the class. Space is limited. The class is open to all active duty military and DoD civilians on a space-available basis. Please reserve your spot before May 20. For more info, or to sign up call 577-6533.

Movie extras wanted

A film company is seeking people of all ages, including children, to be extras in an upcoming Julia Roberts movie. Richard King Casting is looking for men, women, teens, bikers and townspeople for the film, "Erin Brockovich: A True Story." The film is based on a lawsuit brought against PG&E by families from Hinkley, Calif.

The crew expects to hire about 500 people. Casting is today from

10 a.m. to 6 p.m. at the Holiday Inn, 1511 E. Main St.

MASP classes

Military Academic Skills Program classes are being offered now through May 28 in Building 302. Courses in math, reading and language skills will be conducted via video tele-conference with classrooms in Camp Pendleton, MCRD San Diego, Twentynine Palms and

Hawaii. Classes are recommended for Marines re-taking the ASVAB or seeking professional development. For more info, call Rich Johnson, education officer, at 577-6118.

Free aerobics classes

The base gym will provide free aerobics classes to active duty military Tuesdays and Thursdays from 11:30 a.m. to 12:30 p.m. For more

info, call CWO Bill Bradshaw or SSgt. Jim Bell at 577-6543.

Voting slogan contest

The Federal Voting Assistance Program has begun its slogan contest for the 2000-2001 campaign. This contest is open to all uniformed services, family members, overseas citizens world-wide and Merchant Marines. There is no limit on num-

ber of entries. All slogans must be submitted separately with the following information attached:

Full name, service (if military), mailing address, daytime phone number, fax number and e-mail address if applicable. If submitting by mail or FAX, please type/print info on an 8 1/2 X 11 paper.

Entries may be sent via Internet

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PERSONAL SERVICES BULLETIN

Marine Corps Community Services

May is National Mental Health Month

Stress Checklist

Stress is a natural part of everyday life. Left unchecked, however, stress can cause physical, emotional, and behavioral disorders which can affect your health, vitality, and peace-of-mind, as well as personal and professional relationships. Everyone handles stress differently, some better than others. If you think you have too much stress in your life, it may be helpful to make an appointment at MCCS Personal Services. For more information or to make an appointment please call 577-6533.

Here is a checklist of negative reactions to stress and tension:

- Do minor problems and disappointments upset you excessively?
 - Do the small pleasures of life fail to satisfy you?
 - Are you unable to stop thinking of your worries?
 - Do you feel inadequate or suffer from self-doubt?
 - Are you constantly tired?
 - Do you experience flashes of anger over a minor problem?
 - Have you noticed a change in sleeping or eating patterns?
 - Do you suffer from chronic pain, headaches, or backaches?
- If you answered "yes" to most of these questions, consider the following suggestions for reducing or controlling stress:
- Be realistic.** If you feel overwhelmed by some activities, learn to say NO!
 - Shed the "superman/woman" urge.** No one is perfect. Don't expect perfection from yourself or others.
 - Visualize** how you can manage a stressful situation more successfully.
 - Take one thing at a time. Prioritize your tasks and tackle each one separately.
 - Live a healthy lifestyle** with good nutrition, adequate rest, regular exercise, limited caffeine and alcohol, and balanced work and play.
 - Share your feelings with family and friends. Don't try to cope alone.
 - Give in occasionally. Be flexible.
 - Go easy with criticism. You may be expecting too much.

Depression Checklist

Every year more than 17 million Americans suffer from clinical depression. It strikes men, women and children of all races and socio-economic groups, causing them to lose motivation, energy and the pleasure of everyday life. Clinical depression often goes untreated because people don't recognize its many symptoms. The good news is that almost everyone who gets treated can feel better.

Here are some symptoms of depression:

- A persistent sad, depressed mood for most of the day, every day.
- Sleeping too little or sleeping too much.
- Reduced appetite and weight loss or increased appetite and weight gain.
- Loss of interest in pleasurable activities once enjoyed.
- Difficulty concentrating or making decisions.
- Increase or decrease in energy.
- Feeling guilty, hopeless or worthless.

If you experience many of these symptoms for longer than two weeks, or if the symptoms are severe enough to interfere with your daily routine, call MCCS PSD for services available to you, at 577-6533.

Checklist source: National Mental Health Association.

Base library adds Internet access

By Robin Cross-Walker

Base Librarian

When the base library found its new home earlier this year, we knew we needed more services for our patrons. We now have more computer stations, three of which feature Internet access. "Big deal," you might be thinking. "Why would I need the Internet?" Many people do not realize the value of the Internet. That's why we at the Marine Corps Community Services Base Library are here to guide you in the right direction. Here are some of the features that people have used in the library recently.

Higher education

The Internet provides information about colleges all over the world. Some schools offer independent studies that you can complete while here in Barstow. Also, family members and separating military personnel may want to know more about the choices they have. Students interested in furthering their education may use the Internet to match their goals to the college of their choice.

Travel information

Need plane tickets or hotel accommodations? The Internet has many sites for information about travel to assist you in the arrangements that fit your needs. You can obtain news on events in the area

and weather reports before leaving. Whether you are traveling stateside or overseas, the Internet has just about everything you need to save you the money and hassle of a travel agent making your plans for you.

Children's education

There are a variety of programs on the Internet that provide educational entertainment for the younger mind. While parents are searching through library circulation or just simply searching a web site, their little ones can sit with headphones and play games such as Blues Clues. Students may do research for term papers and other projects. There's more information at the touch of a keyboard than ever before

Free e-mail

Everyone is welcome to stop by the library and open an e-mail account. It's a great way to keep in touch with friends and family. We can help you get started.

Fun! Fun! Fun!

Let's face it. All work and no play make Johnny a dull boy and Jane a dull girl. On the Internet, you can access things you never knew were out there. Please avoid unauthorized sites! There is a wealth of services available at the MCCS Base Library. For more information call Robin Cross-Walker at 577-6395.

New name, new office, same great services

By Donna McCormick

Relocation Specialist

The Marine Corps Community Services Personal Services Department, once known as the Family Service Center has moved its offices to building 129. The centrally located office is directly across Boll Avenue from the Child Development Center.

Our MCLB Barstow Family Service Center provides the military (Marines, Navy, Army and Air Force), civilians and retirees a wide range of services designed to assist you in times of various personal needs. Our goal is to ensure that we can help you get all the answers to a variety of questions. We are another tool you have at your disposal – at any time – to assist you in answering your questions and providing the help you need to make your life better.

Among the services we offer at our Family Service Center are:

- *Personal Financial Management
- *Individual, Marriage and Family Counseling
- *Information and Referral
- *Exceptional Family Member Program
- *Deployment Assistance
- *Relocation Assistance
- *Transition Assistance
- *Employment Assistance
- *Key Volunteer Training
- *Parenting Education
- *Smoking Cessation
- *Family Advocacy
- *Drug and Alcohol for military
- *Stress Reduction Classes
- *Crisis Intervention
- *New Parent Support Program
- *Civilian Employee Assistance Program

For more information on any of these programs, call 577-6533 or come by building 129.

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promotions, Service Record Book maintenance, unit diary entries and yearly audits.

The administrative branch is also responsible for processing orders for temporary additional duty and permanent change of station. They also process travel claims, separations and retirement paperwork, sponsorship program, fitness reports and handle manpower assignments.

Additionally, the adjutant side of the administrative branch is responsible for awards, correspondence, publications, legal administration, identification cards and command files.

The Operations and Training Branch maintains all Physical Fitness Test scores and swim qualifications, the weekly physical training (PT) schedule, remedial PT, weight control, monthly battalion training exercises (i.e., hikes, field operations, field meets, inspections, etc.), Substance Abuse Control Officer (SACO) Program, scheduling Professional Military Education, and Marine Corps Institute courses and basic skills testing.

S-3 also operates and maintains the rifle and pistol ranges and the walking and mounted color guards, as well as coordinates battalion pa-

rades.

The Logistics Branch handles enlisted, staff noncommissioned officer and officer bachelor and geographical bachelor billeting, maintains barracks furnishings, and monitors barracks cleanliness. Logistics also provides support and other creature comforts during training exercises and parades.

Additionally, Logistics is responsible for the maintenance and operation of the base armory.

"Ultimately, I want this realignment to help the customers – our Marines," said Maloney. "So they don't have to go five different places

– just Building 302."

For more information about Headquarters Battalion, contact

S-3 at 577-6502, S-4 at 577-6802 or the Consolidated Admin Branch at 577-6843/6656/6662.

Jobs

<u>Annc.#</u>	<u>Title/Series/Grade</u>	<u>Open</u>	<u>Close</u>	<u>1st Cutoff</u>	<u>Location</u>
DEA-95-99	Crane Operator WG-5725-11	03-08-99	09-30-99	03-22-99	Calif., Ariz.
DEA-118-99	Library Technician GS-1411-06/07	03-22-99	06-19-99	04-02-99	Calif., Ariz.
DEA-125-99	Computer Specialist GS-334-12	03-29-99	05-07-99	04-19-99	San Diego
DEA-140-99	Firefighter GS-081-03/04/05/06	04-05-99	09-30-99	04-19-99	Port Hueneme
DEA-142-99	Chemist GS-1320-11/12	04-07-99	05-06-99	04-15-99	San Diego
DEA-146-99	Mechanical Engineering Technician GS-802-11	04-08-99	05-07-99	04-22-99	Calif., Ariz.
DEA-149-99	Voucher Examiner (OA) GS-540-04 (Term NTE 366 days)	04-07-99	05-07-99	04-21-99	Calif., Ariz.
DEA-155-99	Occupational Health Nurse GS-610-11	04-12-99	05-12-99	04-26-99	Calif., Ariz.
DEA-157-99	Sandblaster WG-5423-07(Term NTE 13 months)	04-13-99	06-15-99	04-23-99	Barstow
DEA-161-99	Clinical Nurse GS-610-07/09	04-28-99	05-28-99	05-12-99	Calif., Ariz.
DEA-162-99	Clinical Nurse GS-610-05/07/09	04-28-99	05-28-99	05-12-99	Calif., Ariz.
DEA-164-99	Firefighter GS-081-04/05/06	04-29-99	09-30-99	05-13-99	Camp Pendleton
DEA-167-99	Clinical Nurse GS-610-09	04-28-99	05-14-99	05-05-99	Calif., Ariz.
DEA-168-99	Computer Specialist GS-334-11 (Temp NTE one year)	04-28-99	05-04-99	N/A	Monterey, Calif.
DEA-169-99	Supervisory Computer Specialist GS-0334-12 (Temp NTE one year)	05-03-99	05-14-99	N/A	Calif., Ariz.
DEA-171-99	Maintenance Worker WG-4749-08	04-28-99	05-12-99	N/A	Camp Pendleton
DEA-175-99	Automotive Mechanic WG-5823-10	04-29-99	05-12-99	N/A	Calif., Ariz.
OTR-27-99	Motor Vehicle Operator WG-5703	03-24-99	09-30-99	04-07-99	Calif., Ariz.
OTR-35-99	Computer Specialist GS-334-11	04-06-99	09-30-99	04-20-99	Calif., Ariz.
OTR-36-99	Material Handler WG-6907-07 (Temp NTE one year)	04-07-99	09-30-99	N/A	Fallbrook
OTR-38-99	Material Handler WG-6907-05 (Temp NTE one year)	04-07-99	09-30-99	N/A	Fallbrook
OTR-39-99	Ordnance Equipment Repairer WG-6641-08 (Temp NTE one year)	04-09-99	09-30-99	4-19-99	Seal Beach, Naval Weapons Station Barstow
OTR-42-99	Supervisory Computer Specialist GS-0334-12 (Temp NTE one year)	04-20-99	05-18-99	05-04-99	Barstow
OTR-44-99	Heavy Mobile Equipment Repairer Inspector WG-580-09 (Temp NTE one year)	05-04-99	06-01-99	06-01-99	Barstow

For more information contact the Human Resources Office at 577-6484.

Q-n-As about Thrift Savings Plan

By Douglas Gillert

American Forces Press Service

WASHINGTON — Twice a year, federal civilian employees can begin or change deposits into their Thrift Savings Plan account. "Open season" (May 15-July 3 1 and Nov. 15-Jan. 3 1) presents a palette of choices but almost always raises questions about the investment options.

Following are some commonly asked questions and answers about the Thrift Savings Plan that may help you make informed investment decisions. Before electing or changing Thrift Savings allotments, however, consult your local civilian personnel office. Information and forms also are available on the Internet at <http://www.tsp.gov>.

What is the Thrift Savings Plan?

The TSP is a tax-deferred savings plan for federal employees. Comparable to plans offered by private employers, the TSP offers participants tax-deferred advantages similar in many ways to those of individual retirement accounts.

How useful is the Thrift Savings Plan Web site in helping me determine how and how much to invest in it?

The Thrift Savings Plan Web site provides complete details on the plan, available investment funds, and how to borrow against your account balance. A "what if" calculator helps you determine what your investments could earn over a given period of time at any rate of return you assign.

You can download forms to elect or change participation in the plan — you'll have to print them, fill them out and take them to your personnel office for processing, though.

Finally, TSP administrators assign each participant a Personal Identification Number. If you don't like the one they give you, you can ask for a custom one at the Web site. If you don't know your number, check a block at the site and it will be sent to you.

Using your number at the site, you can access your personal TSP account and review your current balance, check the loan amount available to you and the current loan interest rate, review the status of any outstanding loan request, and request, change or cancel an interfund transfer.

Who is eligible to participate?

All federal employees.

What are the basic rules for contributing?

Civil Service Retirement System employees may contribute up to 5 percent of their basic pay each pay period.

Federal Employee Retirement System employees may contribute up to 10 percent of their basic pay each pay period to the TSP, as long as the annual total does not exceed annually adjusted Internal Revenue Service limits.

All contributions must be made through payroll deductions. Contributions from other sources, such as personal savings, aren't permitted. You also can't transfer money to the TSP from an individual retirement account or any other retirement plan.

You may contribute either a percentage of your basic pay each pay period or a fixed dollar amount.

Elections are made during an open season to start, change or allocate TSP contributions. Although you may submit election forms anytime during an open season, contributions won't begin until the first full pay period that falls within the election period.

Who is entitled to agency contributions?

Only FERS employees. Agency contributions are not deducted from your pay nor do they increase your pay for income tax or Social Security purposes.

First, when you become eligible to participate in the TSP, your agency will open a TSP account for you and automatically

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Y2K from Page 2

data correctly is called "compliant."

In addition to fixing current systems, the services all have back-up data should any unexpected Y2K glitches occur, according to Mike Monteleone, St. Claire's information technology chief and Y2K manager.

"All the services regularly and routinely back-up their data on off-line storage systems," Monteleone said. "This is done not just because of Y2K, but for any number of problems that could occur, such as electrical outages from storms that may corrupt or delete existing files." An example of "off-line" storage is copying all the files in a system onto a CD-ROM. That way, in case parts of, or an entire system should fail, the files can still be retrieved and re-installed.

While both St. Claire and Monteleone are confident all services will have their personnel systems ready for the Year 2000, what remains uncertain at this point is processing of personnel actions late into the year. Both DoD and the services are considering either accelerating or delaying certain personnel actions beginning in December.

Among those that could be included are re-enlistments and extensions, awards, separations, retirements and discharges, promotions, training, transfers and nonessential travel.

"DoD and the services are considering it, but no decisions have been made at this time," St. Claire emphasized. "There's no easy answer to this one. It's just something we're going to have to monitor throughout the year."

St. Claire said DoD is considering such action to try to reduce the paperwork and stress on the entire system, since personnel actions often require actions by a host of other agencies. For example, promotions automatically prompt pay changes, and the Defense Finance and Accounting Service has already recommended minimizing pay changes in the month of December.

"So we have to keep in mind that our actions are not just affecting our systems," St. Claire said. "It's not that we don't believe the systems will work, it's just that personnel systems interact with so many others, the less stress we put on all of them at the end of the year the better."

There are also factors beyond the control of the services, Monteleone said. "If power failures occur because of Y2K, regardless of whether your system works, without electricity, you'll have to process personnel actions manually, and that will just slow things down." The good news,

he added, is that personnel actions normally slow down in December anyway.

"Usually a large portion of personnel are off during the holidays and incoming transactions are substantially less," he said. "It's not like the first week of June, when you've got many people changing duty stations."

Monteleone said the personnel actions at greatest risk are those occurring in the final days of 1999 that may not yet have been stored on back-up systems.

"But even with those, there is a paper copy and the information can be recreated in the systems," he said.

So will there be any glitches with personnel files because of Y2K?

Possibly, St. Claire and Monteleone say. Personnel information systems involve literally thousands of computer applications and interfaces, and something may fail.

"We're good at fixing things, but we're not perfect," Monteleone said. "What we and the services are en-

suring is that there will be no critical impact. There may be some power outages, there may be an interface that's down for a couple of days and will slow things down, but personnel files will still be there."

The bottom line, St. Claire said, "is that I think we're going to be in good shape. I have every reason to believe all our systems will be compatible and ready."

Y2K or not, however, St. Claire said it's important for service members to maintain copies of important documents in their files, such as promotion orders, awards and training.

"It just makes good sense to have those kinds of records in hand in case you need them," she concluded.

"I saw it in the BARSTOW LOG"

BRIEFS from Page 5

to <http://www.fvap.gov> or via FAX to (703) 588-0108 DSN 425-0108 (No cover sheet) or mail to:

Federal Voting Assistance Program, Voting Slogan Contest Washington Headquarters Services, 1155 Defense Pentagon, Washington, DC 20301-1155.

Submission deadline is July 6. The winning entry and runners-up will be awarded a certificate of recognition from the Secretary of Defense.

Bible study

Are you searching for some insight to life's hard questions? Do you want to add wisdom and insight to your personal development?

A new bible study on the Book of Job will begin Tuesday at 7 p.m. in the base chapel.

For more info, call the chaplain's

office at 577-6849. The chaplain requests that all who are interested call in advance so enough study guides can be provided.

Base housing update

The base housing self-help warehouse will now have extended hours on Fridays. The new hours are Monday-Thursday from 7 a.m. to 3:30 p.m. and Friday from 7 a.m. to 7:30 p.m. All equipment will be available during those times.

The Quarters of the Month judging returns in May and will continue until September. Categories are Enlisted, Staff NCO, Officer and Eniwetok.

For more info, call Sgt. Mario Rivas or Cpl. Ruben Torres at 577-6871.

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someone offends us is to extend kindness to them. I used to like the scripture that said, *"If your enemy is hungry, feed him; if he is thirsty, give him something to drink. In doing this, you will heap burning coals on his head"* (Romans 12:20). I thought that burning coals part was good because I could participate with God in some remote fashion in getting even. Unfortunately, I missed the point. Refusing to get revenge and extending kindness to the offender could be the very thing that person needs to be drawn to God rather than pushed further away. It could be the one thing that helps that person decide that they want the kind of relationship with God that you have.

Refusing revenge and offering kindness are great concepts. But what do you do with the thoughts of your pain that the person caused in the first place? What do you do with the feelings of hurt that continue to haunt you? How do you let go of the bitterness and the anger you feel? How do you get your mind off of seeking revenge? Steven May says that can only really happen when we remind ourselves, WE ARE FORGIVEN. "It is only when we come to grips with our own forgiveness that we are adequately able to forgive others. Instead of focusing on unjust suffering, remind yourself that you, too, are in need of God's forgiveness in your life – and He has freely and graciously forgiven you. You cannot control what someone else may have done to you in the past, but you can rejoice in the fact that your own sins have been forgiven and you have been given a fresh start in life. The more you dwell on your forgiveness, the easier it will be to express forgiveness to others - whether they ask for it or not."

When someone hurts you, don't allow revenge to be an option.

Blessings,
Chaplain Michener

Chaplain Michener would like to thank "Ministry Now" for allowing the use of parts of their sermon in this article.

**National Day
of Prayer
May 6, 1999**

Beware of desert critters

By Sgt. Mario Rivas
Base Housing Office

Sometimes people forget that they live in the desert. They forget that besides the occasional rolling tumble weeds, there is life in the desert...yes life!

There are too many types of life in the desert to list, but we still must learn to understand and be aware of the beauty and the dangers of them.

We are understandably shocked to see or hear that something as dangerous as a snake, scorpion, or black widow is in our backyard. But just recently, tree trimmers found a Mojave Green – a lethal rattlesnake – in base housing.

It was hiding underneath an oleander bush. If left alone, it probably wouldn't present a danger. However, it is dangerous when it

comes in contact with people, especially next to a house.

Unfortunately, the tenants of the house were not aware that the snake was there because the oleander bush was covering the ground around it.

Fortunately, the tree trimmers prevented what could have been a disaster.

There is a lesson to be learned from this, and that is prevention, prevention, prevention! If the tenant would have taken the time to inspect their quarters and cut their shrubs, this could have been prevented earlier.

The Base Housing Self-Help warehouse has clippers, lawn mowers and other landscaping equipment for trimming in and around your house.

For further information, call the base housing office at 577-6871.

Asian/Pacific Heritage Month

May 4, 1978: President Carter proclaims the first Asian/Pacific American Heritage Week.

May 7, 1973: Huynh Cong Ut wins the Pulitzer Prize for photography.

MCLB Bulldogs invade Barstow Sportspark softball league



Photo by Sgt. Kevin Dolloson

Peter Irene of the MCLB Bulldogs attempts to tag out a runner at third base in a match-up against the Disciples April 27. The Bulldogs won the game, 17-16 after a 6-run final inning. The Bulldogs play Tuesdays and Thursdays at the Sportspark in Barstow. The Provost Marshal's Office also fields a team in the Sportspark league, and the two teams are scheduled to play against each other in the coming weeks. For more information about the base teams, call the MCCS Base Gym at 577-6898.

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contribute 1 percent of your basic pay for each pay period. You will receive these contributions whether or not you contribute your own money.

Second, when you contribute to your TSP account, your agency makes matching contributions in addition to the automatic one percent. Matches apply to the first five percent of pay you contribute each pay period — dollar for dollar for the first three percent and 50 cents on the dollar for the next 2 percent.

Although FERS employees may contribute up to 10 percent of their basic salary each pay period, agency contributions stop after the first five percent. However, contributions above five percent still provide before-tax savings and tax-deferred earnings.

The Marine Corps Civilian Human Resources Office-West, located aboard MCLB Barstow, can assist you in handling your investments during the current open season. For more information, call the HRO at 577-6484.

1991 FORD EXPLORER XLT: V-6, 2WD, 166,000 miles, p/w, p/l/p/m, cruise, tilt, AM/FM cassette, tow pkg., asking Blue Book value only. \$5,000 contact Monty at 252-1885.

1986 FORD RANGER: 156K miles, with rack, 4 extra tires and rims. See at 1200 Munda. \$1,000. Call 242-4524.

1979 MOTORHOME: 25ft., class A, roof/dash air, generator, sleeps 8. As is or trade. Call 252-9199.

1970 OLDS CUTLASS: 2 door, 350 engine, auto, A/C, mags, runs good, also 455 engine and 400 auto trans. Trade OBO Call 252-9199.

CAMPER SHELL: Ford, longbed, F-150, xlt cond., white, slider window. \$500 OBO. Call 252-8451

TELEPHONE: Cellular, Motorola Microtac/325, w/flip design, large-colored LED display, 22 memory locations, includes Airtouch Cellular service plan and AC and car adapters. \$60 OBO. Call 641-1657.

FOR SALE: Whirlpool refrigerator, 2 years old, 20 cubic ft., xlt cond. Call Steve 247-1155 evenings, lv msg.

FOR SALE: Sectional sofa, beige tones, xlt cond. \$275. Call 256-7428 after 3:00 pm.

FOR SALE: Dinette set, 6 piece, oak, 4 chairs, 1 bench. \$200 OBO. Call 252-3653

FOR SALE: Parts Car, 84 LeBaron convertible. Call 252-9199.

FOR SALE: '87 - '97 Nissan tailgate, good cond. \$40 OBO; '86 Toyota bench seat, good cond. \$30 OBO. Call 252-5576.

FOR SALE: 50 ft. chain link fence, with 70 ft. of top rail and 12 posts, also includes misc. connectors, end caps and hardware. Asking \$75. Call Monty at 252-1885.

MISC. FOR SALE: Turtle sandbox, \$4; white wood crib w/mattress, \$35; wicker bassinet, \$5; two car seats, \$2 and \$5; wicker changing table w/compartments, \$8; also a few more items. Call 252-8259.

MISC. FOR SALE: Lawn swing. \$150; child's swimming pool. \$30; sandbox. \$20; other items available. 1200 Munda. Call 252-4524.

MISC. FOR SALE: Electric blower/vacuum mulcher, Sears, 2HP, less than 2 yrs old. \$45. Call 242-8839.

MISC. FOR SALE: Auto drip coffee maker (Proctor Silex), new. \$8. Call 242-8839.

MISC. FOR SALE: Navy pea coat, used, good cond., size 38. \$25. Call 242-8839.

MISC. FOR SALE: Cast iron Jigsaw, \$30; electric typewriter, \$35; 2 re-curve bows -- 1 fiberglass, 1 wood, \$15 and \$25. Call 252-4352.

TOOLS: Wood-working, Delta 4" belt; 6" disc sander; 1HP biscuit jointer; rotary tool with router attachment and more. Call 255-2115

PETS: Adorable kittens, free to good home. Call Pat 252-7118 lv msg.

PETS: Free to good family, mix Cocker/Golden Retriever dog, male, 3 yrs old, neutered, good with children, moving overseas. Call Monty at 252-1885.

PETS: Australian Shepherd puppy, 3 mos old, female. See at 1200 Munda. \$150 Call 252-4524.

THANK YOU: I am very grateful and appreciative for the respect and love that was shown me at my retirement ceremony. A very special thanks to all of my friends. LaVora Brown.